ISSUE 62 www.appetitemag.co.uk September/October 2020

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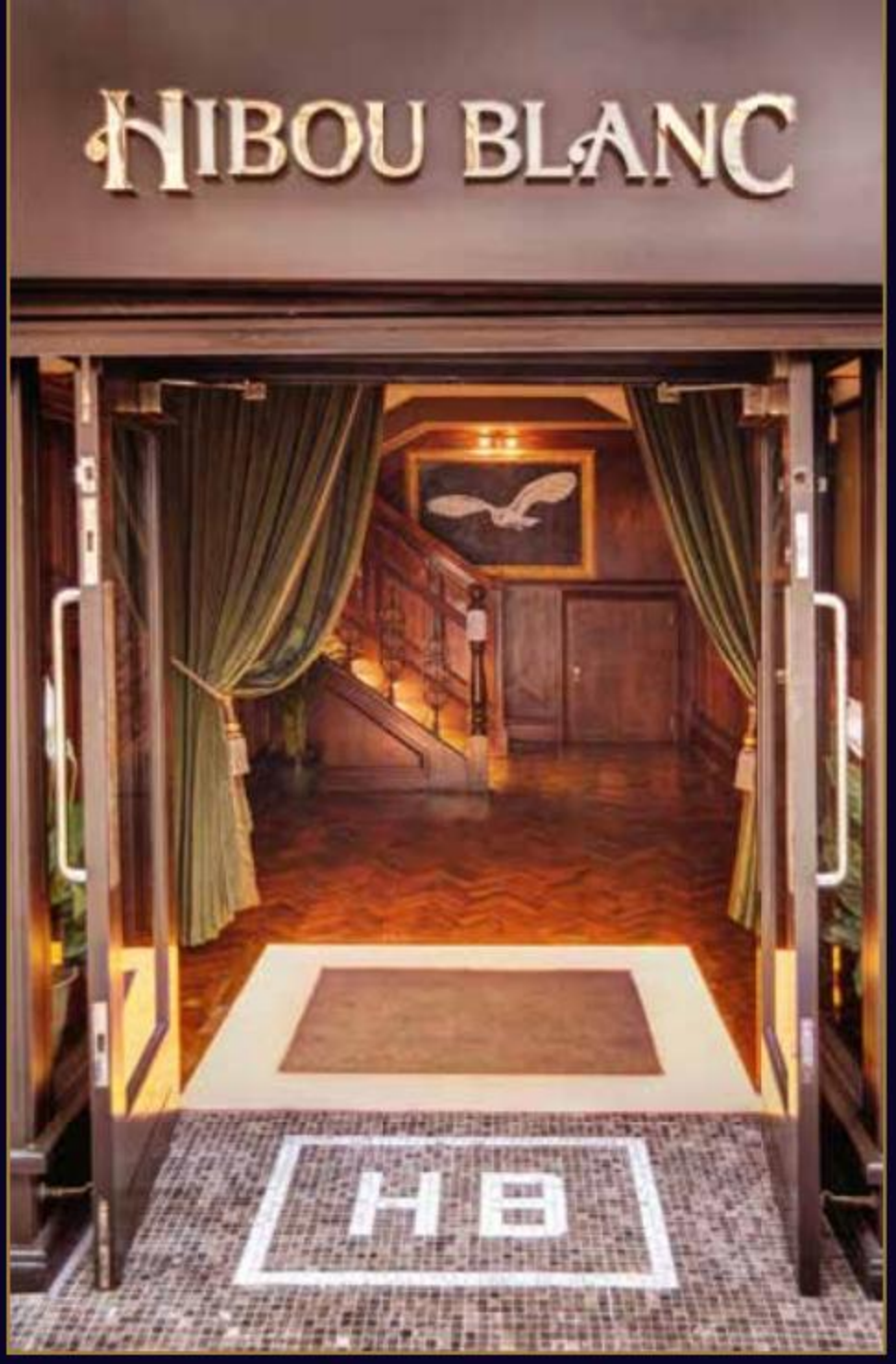

Turning over a new leaf

Editor considers a significant change in eating habits prompted by an unusual year

I do like a lettuce. Any shape, size and colour, I'll give it a go, served with fresh garden herbs and drizzled in best cold-pressed rapeseed oil, freshly ground sea salt and black pepper. So far, so ordinary.

But 2020 has brought big changes here at Appetite HQ, not least in lettuce consumption. By far the biggest success of our lockdown vegetable patch, we're still working our way through plants which, rather like the story of the boy who wished for a constantly filled ice cream bowl, keep growing faster than we can eat them.

The 'we' in this case is me, my husband and three sons, and you can probably imagine what they would make of a daily salad. Hence, I have made it my mission to create all manner of lettuce-based recipes they will like, with some success. Who knew teenage boys would love lettuce, cucumber and tarragon soup?

They also like chunks of firm lettuce charred under a hot grill and served with garden peas, feta cheese and pine nuts. They like it sautéed in the manner of spinach, or added to moussaka and lasagne. It's gorgeous stirred through hot pasta with anchovies, and does a fine job of filling out a stir fry. I can't tell you the names of all the varieties we've grown, but we've had crunchy leaves, curly leaves, deep green, light green, purple and red versions. Who knew that so much pleasure could be drawn from a dozen home grown lettuces, which are still going strong five months after we planted them, harvesting leaves from the outside of each plant as we've gone along?

2020 will be remembered by most people for one thing. But in our house, where we are fortunate to have stayed healthy, this is the Year of the lollo rosso.

Jane Pikett, Editor

@appetitemaguk

@appetitemaguk

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We want to hear all about the food and drink you love in the North East, which means you can get fully involved in the region's leading dedicated food magazine.

If you like something, we want to know about it, so tell us. Better still, take a picture and share it with us.

And if you cook something you're proud of (or something you're not!) share a photo and a description and we might even put it in the magazine. Fame at last!
email editor@appetitemag.co.uk

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Feedback

SEND US YOUR RECIPES, FEEDBACK AND FOODIE NEWS AND YOU MIGHT POP UP ON THIS PAGE. FAME AT LAST! EMAIL EDITOR@APPETITEMAG.CO.UK TWEET @APPETITEMAGUK FACEBOOK @APPETITEMAGUK

WHAT DO I DO WITH..? LIQUORICE

Yes, obviously you buy it in sweet shops in many forms, but liquorice is a surprisingly versatile cooking ingredient which is back at the top of every food fashionista's must-have list.

Of course, if you're Scandanavian, you're almost guaranteed to drizzle liquorice syrup on your ice cream and use liquorice powder as a base for meat or fish rubs and marinades.

Liquorice can be bought as a woody root, a finely ground powder, a flavouring essence, sweet syrup, or soft sticks you find in sweet shops. It features strongly in Chinese five spice and is fantastic with game, fish, or as a flavour for panna cotta, crème brûlee, and ice cream.

To infuse woody liquorice root in hot syrups, sauces and custards, simply add a stick to the hot liquid and set aside. The longer you leave it, the stronger the flavour will be.

Powdered liquorice, or liquorice compound, can be added straight to recipes, whether that's a pinch mixed into a meat rub, stirred into cake batter or added to brownies.

Or take any coffee-based dessert such as mousse or parfait and replace the coffee with liquorice powder.

For a different take on roast pork, mix half quantities of ground liquorice powder and salt and rub over the skin of a loin of pork. Score and roast at 200C/Gas 6 for 30 minutes per 450g in weight, plus another 15 minutes or until cooked through. Finish the crackling under the grill to crisp it up.

THE MOST IMPORTANT MEAL

Pasta Station is now open for breakfast from 6am. The Central Station, Newcastle hotspot is known for pasta, pizzas and paninis, and is now serving full English breakfasts and sandwiches until 11am Monday-Saturday. Pizza and pasta are available 11am-8pm Monday-Saturday. **Pasta Station**
Platform 12, Central Station
Newcastle, NE1 5DL
tel 0191 230 2288

COMPETITION WINNER

Congratulations to Philippa Whitworth, of Prudhoe, who beat 1,603 other entrants to win dinner, bed and breakfast for two at the Coquetvale Hotel, Rothbury, in the last edition of Appetite. Well done to Philippa. This edition's competition is on page 49.

TOP TEN

Happy 10th birthday to the team at Spurreli, the multi-award-winning boutique ice cream and coffee parlour in Amble.
The team has won numerous awards in the last 10 years and remains as busy as ever. The new terrace outside the parlour has proved popular this summer, while the café recently got a new interior. Here's to the next 10 years...
Spurreli, The Old Chandlery, Coquet Street, Amble, NE65 0DJ
tel 01665 710 890, www.spurreli.com

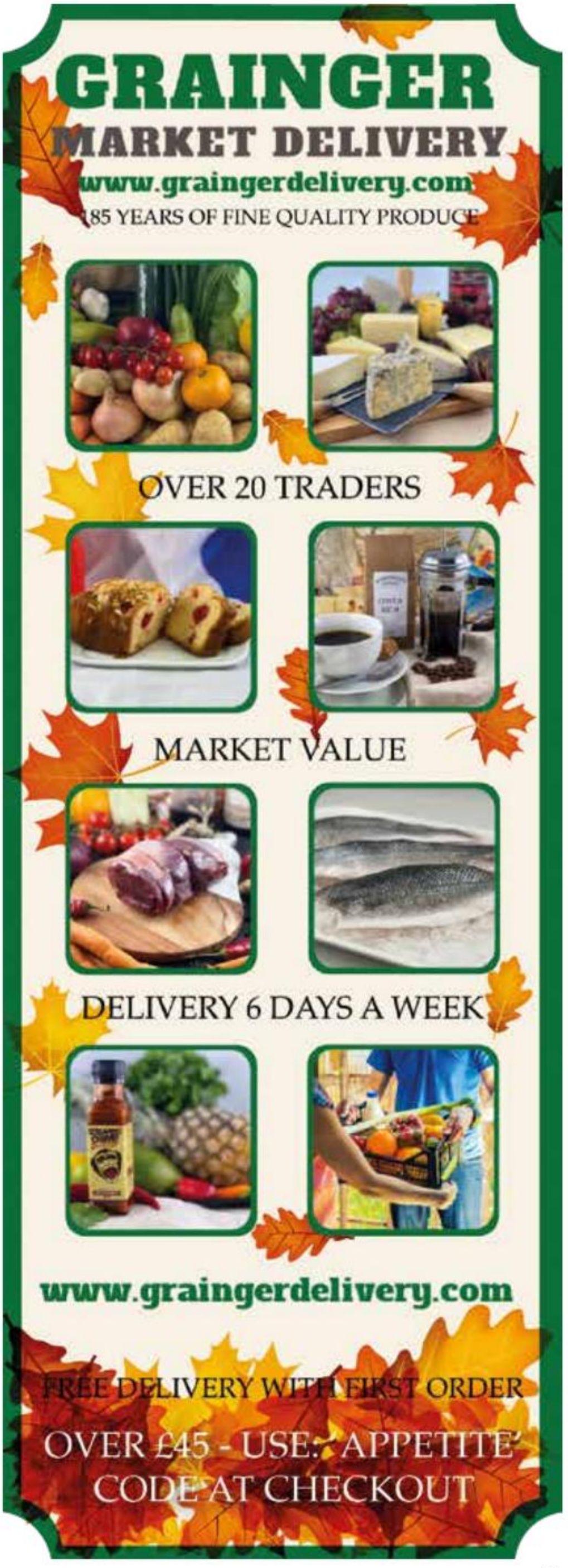
PIECE OF CAKE

Gateshead-based gourment pudding and pâtisserie provider Beckleberry's has re-focused on local customers with a new home delivery service. Pre-lockdown it was flying high, supplying ice creams and sorbets, tarts, tortes, cheesecakes and cream teas to first and business class passengers on airlines including BA, Virgin Atlantic and American Airlines, in addition to train operator LNER. Since travel has been restricted, the family business has focused on local home delivery including ice cream boxes, cakes and pâtisserie, including vegan and gluten-free options. It has also revamped its café at Gateshead Metrocentre. The home delivery collection includes an afternoon treat box and a savoury selection.
www.beckleberrys.myshopify.com

THE INN CROWD

North East-based Inn Collection Group has expanded with the acquisition the 20-bedroom Churchill Inn in Ambleside.

This, the group's 15th location, follows the multi-million pound redevelopment of The Coniston Inn, Coniston - part of the group's portfolio in the Lake District which includes The Ambleside Inn at Ambleside, The Swan in Grasmere and The Pheasant at Bassenthwaite. It also operates destinations in Northumberland, Co Durham and Yorkshire.



THE IN CROWD

OUR PICK OF THE SEASON

OYSTERS
For a bracing taste of the sea, there is truly nothing more invigorating than a fresh raw oysters. They're gorgeous as they are with a squeeze of lemon, or add them raw to hot seafood pasta. Bought online from Lindisfarne Oysters or from your local fishmonger, they are the ultimate affordable indulgence.

WOOD PIGEON
These unassuming birds serve up the most wonderful autumn flavours. Sear all over in hot butter and oil, then roast at 200C/ Gas 6 for 20 mins or so on a bed of very thinly sliced potatoes, whole unpeeled garlic cloves and woody herbs like thyme and rosemary. Serve with red wine jus.

BLACKBERRIES
Always best when you've picked them yourself (or from your farm shop), the season's blackberries are best served in an apple an blackberry crumble, with panna cotta or – our favourite – popped into kir royale.

BEETROOT
We firmly believe that you cannot beat whole roast beetroot, preferably harvested on the same day from your own veg patch. If you want to make beetroot soup, roast the beets first with onion and garlic for sublime depth of flavour.

CHESTNUTS
Incredibly versatile, chestnuts add hitherto unknown depths to a host of dishes, from pasta (add chestnut chunks to sausage pasta sauce), to soups and risottos (add chestnut purée to parsnip soup or mushroom risotto), and desserts (add purée to chocolate torte and chocolate truffles).

Light bites

WAGYU TO YOUR DOOR

Hoardweel Farm in the Scottish Borders has launched an online shop, which means that you can have its stunning Wagyu beef and Berkshire pork delivered direct to your door.

Launched to help cut food miles and give more people a chance to sample beef and pork raised in the stunning Borders landscape, the shop is stocked with steaks, joints, burgers, sausages, pies and more.

As well as launching the online shop, David and Elaine Stebbings have teamed up with a local saddler and bag maker to produce Wagyu handbags and utilise as much of their produce as possible.

To visit the online shop, go to www.hoardweelwagyu.co.uk

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SURF AND TURF...

A new restaurant bringing together the best of land and sea is heading to Hexham.

Charred Steak & Lobster Bar & Grill opens in St Mary's Chare on October 3, serving locally sourced steaks alongside lobster and more cooked on an open charcoal grill.

The family-run modern steakhouse and bar takes over the former home of La Famiglia above Buongiorno.

Charred Steak & Lobster, St Mary's Chare, Hexham, NE46 1NQ tel 01434 752 172, www.charredhexham.com

TAKE IT AWAY

Takeaways from Pieri's at Michelangelo's in Ryton have proved so popular this summer that they're becoming a permanent fixture. Authentic Italian pizza, pasta and risotto are available alongside grilled fish, meat and vegetables for delivery and collection daily. For the latest menus, go to @michel.angelos.14 on Facebook. A little bird tells us that the restaurant and hotel is also gearing up for exciting changes in 2021 - watch this space... **Pieri's at Michelangelo's, Stella Road, Ryton, NE21 4LU tel 0191 413 2921, www.michelangelorestaurants.co.uk**

LOOKING GOOD

The interior designers have been in at No.4 Bistro in East Boldon, which has a sophisticated new look to go with its latest menu.

The new contemporary dining room and open kitchen is complemented by a sunny courtyard where you can enjoy snacks and drinks as well as the new brunch, lunch and dinner menu. Opening hours are now extended to Monday, Wednesday, Thursday, Friday and Saturday 10am-4pm, and Supper Clubs are planned for the first Saturday of every month.

No.4 Bistro, Station Road, East Boldon, NE36 0LE tel 0191 250 5523, www.no4bistro.co.uk

GRAND PLANS

News reaches us of grand plans in the Tyne Valley, where Walwick Estate Group, owner of the luxury Walwick Hall Country Estate & Spa and Chesters Stables near Hexham, has purchased Matfen Hall Hotel, historic seat of the Blackett family.

The group plans to invest in its new acquisition, which was named favourite stately home wedding venue at the UK Wedding Awards earlier this year, beating Blenheim Palace, Hampton Court House and Thornton Manor Estate to the title.

The 53-bedroom hotel has several dining options, wedding settings, a spa and golf course. Walwick Estate Group chair David Harrison says: "Our aim is to continue Sir Hugh and Lady Blackett's work to retain Matfen Hall's history while securing its future as a leading destination." **Matfen Hall, Matfen, Northumberland NE20 0RH, tel 01661 886 500, www.matfenhall.com**

BANKING ON GROWERS

News reaches us of community-minded growers throughout the Tyne Valley, who are donating their glut to others in need.

Hexham Fresh Food Bank is a community association made up of volunteer gardeners growing fresh produce for delivery to those most in need. The group comprises more than 230 members and is growing.

Ginnie O'Farrell, who owns an allotment plot in Hexham and has been a regular contributor to the West Northumberland Foodbank, came up with the idea to donate surplus produce. Growers drop their produce off at the Matthias Winter homewares shop in Hexham and it's then taken to West Northumberland foodbank in the town.

Demand throughout the district is now so high that produce is being sent to Prudhoe and Haltwhistle, and group members are also turning their produce into ready meals, fruit pies, tarts and crumbles.

Join the community effort at Hexham Fresh Food Bank at www.facebook.com/groups/hexhamfreshfoodbank

THE COOLEST LUNCHBOX IN TOWN

Everyone wanted the trendiest lunchbox at school, and we've found the coolest ever - whatever your age.

Dabbawal's new Dabbabox is an individually portioned lunch perfect for eating at your desk or at home. It's available with a choice of five of the street food pioneer's most popular curries served with rice, salad and chutney; three wrap options served with masala chips and chutney; and the Tandoor Smoked Box featuring Punjabi chicken tikka, seekh kebab, salmon tikka with makhana sauce, salad and roomali roti. The boxes, which range from £7.50-£9.95, are available to pre-order and collect Mon-Fri noon-2pm from Dabbawal High Bridge and Jesmond. Delivery is available in the NE1 postcode area.

www.dabbawal.com
Dabbawal, High Bridge, Newcastle, NE1 6BX, tel 0191 232 5133
Dabbawal, 1 Brentwood Mews, Jesmond, NE2 3DG
tel 0191 281 3434

THE WINNER IS...

Fine dining destination Hjem, near Hexham, has picked up yet another accolade with a bronze medal in the VisitEngland Awards for Excellence 2020. The restaurant in Wall, near Hexham, is run by Ally Thompson and her partner and head chef Alex Nietosvuori. Alex has featured in CODE Hospitality's 30 under 30 round-up of young restaurateurs and the restaurant is included in The Michelin Guide 2020. **Hjem, The Hadrian Hotel, Wall, Hexham, NE46 4EE**
tel 01434 681 232, www.restauranthjem.co.uk

NORTHUMBERLAND'S BEST

Food stylist and chef Laura Hardy-Rochester thought she was just doing her bit for family when she started providing her granny with ready meals during lockdown. But her homecooked heat and eat dishes went down so well, she has launched Kooked North ready meals business. Based in Wooler, Laura is now preparing some 350 meals per week using lamb from Ingram Valley Farm, beef from JM Strother & Son, pork from The Rolling Pig, potatoes from Particularly Good Potatoes and vegetables from her own garden.

Laura prepares and freezes the meals in Wooler before packaging each with heating instructions. You can find details on social media and a Kooked North website will be launched this autumn. **@kooked.north on Facebook and Instagram**

EVERY SCOOP HELPS

Di Meo's ice cream parlour in Whitley Bay has presented Cullercoats RNLI Station with a cheque for £375 following another successful August fundraiser. The money, raised through a 25p donation from every scoop of Chocolate Orange Club Biscuit gelato served during August, was presented to crew members Hal and Alex by Luciano Di Meo and will help to support the crew's life-saving work.

Di Meo's, Marine Avenue, Whitley Bay, NE26 1LX, tel 0191 252 3814
www.facebook.com/DiMeosIceCream

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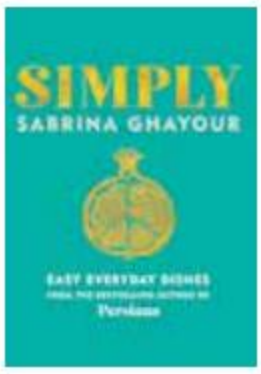
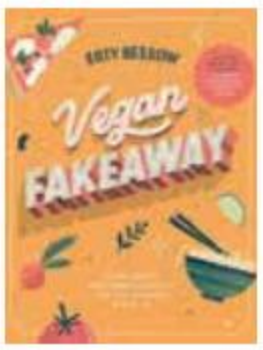
BOOKS FOR COOKS

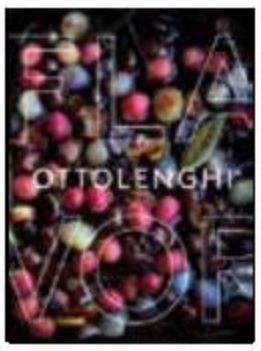
Helen Stanton of Forum Books in Corbridge offers her pick of the latest food books



SIMPLY
By Sabrina Ghayour
£26 Mitchell Beazley
Sabrina Ghayour's new collection of dishes follow her signature style which focuses on fabulous flavours. Full of delicious food that can be enjoyed with minimum fuss in sections ranging from *Effortless Eating* to *Traditions With a Twist*, these easy, everyday dishes make this fifth brilliant book from Sabrina a must-have.



VEGAN FAKEAWAY
By Katy Beskow
£15 Quadrille
A takeaway is one of life's little pleasures, but takeaway menus aren't always the easiest thing to navigate when looking for vegan options. Here, Katy Beskow serves up 70 recipes that deliver fast, easy, vegan takeaway classics which will satisfy whenever the craving strikes. The book includes American, Chinese, Indian, Italian and Middle Eastern dishes which take just 15 minutes to cook, plus slow-cooker recipes that do the hard work for you. Staying in just got better.



FLAVOUR
by Yotam Ottolenghi & Itxa Belfrage
£27 Ebury Press
In this stunning new book, Yotam Ottolenghi and co-writer Ixta Belfrage break down the three factors that create flavour to offer innovative vegetable dishes that deliver brand-new ingredient combinations to excite and inspire. Flavour combines simple recipes for weeknights, low-effort high-impact dishes, and standout meals for the relaxed cook. A must for every Ottolenghi fan...

MY FIRST COOK BOOK
by David Atherton and Rachel Stubbs
£14.99 Walker Books
This children's cook book from Bake Off winner David Atherton is packed with bakes and makes for children. Beautifully clear illustrations to simple step-by-step recipes for healthy, imaginative food, it's not just cakes and biscuits but breakfast and lunch ideas too. A treat!

Forum Books, The Chapel, Market Place, Corbridge, NE45 5AW
tel 01434 632 931, www.forumbooksandkids.com

THE PIES HAVE IT

Nice work from North East plant-based food business Magpye, which has secured a place in Fenwick, Newcastle, for its vegan pies.

Founded by husband and wife team Chris and Sarah Fryer in 2019, Magpye's converted horse box food truck has made its name at food festivals and markets. The range comprises six plant-based pies - Vegan Steak & Ale; Chick'n, Leek & Bacun; Garlic Mushroom, Mince & Onion; Chick'n Balti; and Jerk Jackfruit.

As well as being available from the deli counter in Fenwick, pies are available for collection and delivery – see the website for details.
www.magpye.co.uk

BATTER BE QUICK

Beat the queues at Longsands Fish Kitchen, Tynemouth with the takeaway click and collect service. The service has proved so popular this summer that it's sticking around, allowing you to order your food and pay via the website, and collect some of the country's finest fish and chips from the restaurant door without any queues – what more could we ask for?
Longsands Fish Kitchen, Front Street, Tynemouth, NE30 4DZ
tel 0191 272 8552, www.longsandsfishkitchen.com

Two of Salt Market Social's founders, Jim Mawdsley and Barney Miller (pic: Kathryn Fergus)

TAKE ME TO THE RIVER

An industrial landmark on North Shields Fish Quay has been transformed into a new street food and craft beer warehouse pop-up.

Salt Market Social is a new monthly pop-up bringing together street food stalls, craft beers and music on the first floor of the former Cosalt Factory on Liddell Street, next to the Prince of Wales pub and Wooden Dolly.

Food traders include Lobo Rojo, Pan Asia, Med Head, Hatch 76 and La Petit Crêperie, while breweries include Wylam, Errant, Northern Alchemy and Allendale. To book a table, go to the website.

Salt Market Social, Blue Warehouse (ex Cosalt Building)
1 Liddell Street, Fish Quay, North Shields, NE30 1HE
www.saltmarketsocial.co.uk

BEST POSSIBLE TASTE

Congratulations to Newcastle's brilliant Dobson & Parnell, which was named Taste of the North East England gold award winner at the virtual North East England Tourism Awards 2020.

The judges rewarded Dobson & Parnell for its "amazing experience in terms of quality of the food and service with particular note of its tasting menu and matching wines".

Dobson & Parnell, 21 Queen Street, Newcastle, NE1 3UG
tel 0191 221 0904, www.dobsonandparnell.co.uk

GO GET 'EM, REBECCA...

North East Young Chef of the Year Rebecca Jackson is all set to represent the region in the Young National Chef of the Year Final at The Restaurant Show in London.

Rebecca, a junior sous chef at Leila Lily's in Newcastle, won the North East Young Chef of the Year hosted by NECTA in 2019 with a dish of guinea fowl galantine, brandy-soaked Ulster cherries, fondant potatoes, wild mushrooms, chard, sweetcorn and a cherry chicken jus. The final is part of the new Hospitality Unites week in September. The winner will be anounced on September 30.

www.craftguildofchefs.org

RICH PICKINGS

Vicky Moffitt, of Vallum Farm on Hadrian's Wall, shares the trials and tribulations of the Kitchen Garden which supplies produce to the farm's weddings and events venue.
Vallum, Military Road, Newcastle, NE18 0LL
tel 01434 672 652, www.vallumfarm.co.uk

It's been a funny old day, as Arkwright might have said; only it's been a funny old several days. Months, actually.

Mark has been growing up a storm in the polytunnel, whilst we've been enduring enforced closure with lockdown and then the restricted number of guests allowed at weddings. It's a strange feeling, witnessing triffid-like plants taking up all the space in the polytunnel knowing you have very little use for them.

Mind you, the hand-raised apple saplings are looking good and it will be incredible when the orchards finally start. And an upside of lockdown and the postponement of the bulk of our weddings to 2021 has been time. What a gift. The one thing you can't buy and we've had it in abundance.

I've used some of mine to expand my low-level foraging skills. After the initial excitement of wild garlic and its seed pods (make capers, people!) and the buzz of realising you can use nettles like spinach (amazing in lamb curry...) I have recently had my eyes opened to the wonders of coastal foraging.

On the North East coast at this time of year, there's a spiky bush laden with orange berries. This is sea buckthorn, which the brilliant Spurellis in Amble cleverly make into ice cream. This is clever because it's bitter, but also sweet, and as you crush a berry between your teeth you can almost taste all the vitamin C and B12 bursting out of it.

A discovery near Low Newton last week looks like it could be sea rocket. It has a pale purple flower and is part of the mustard family. From what I can tell online, it's used as a salty flavouring, but I couldn't get close enough to pick any to see. Having said that, you need to be careful. I liked the look of a riverside plant resembling parsley the other week, only to discover via a quick Google that it was hemlock water dropwort, which can kill you, it being the most poisonous plant in the UK.

I'm off to Falmouth next week and looking forward to grazing the wonderful restaurants they have down there. I'm currently on hold for a table at one of Paul Ainsworth's restaurants (number 22 in the queue!) - fingers crossed! In the meantime, here's to more funny old days while we wait for busy-ness to resume.

GRAINGER MARKET DIRECT TO YOUR DOORSTEP

Grainger Delivery, brought to you by traders at Newcastle's 185-year-old Grainger Market, has delivered to more than 20,000 customers in its first four months in business.

With support from Newcastle City Council and volunteers, customers from Hexham to South Shields, Durham to Blyth and beyond have received deliveries from more than 20 of the market's traders. Butchers Oliver & Eden, Finlays English Meat Corner and Richard Campbell are part of the enterprise, alongside The French Oven bakery, fishmongers Chirtons Fisheries and Lindsay Bros. Fresh market vegetables, fruit, herbs and salads come from Hector Hall, Hutton & Oliver and Bryan Muers, and more than 80 cheeses are supplied by the North East's oldest cheesemonger, Matthews Cheese. You can order goods from coffee roaster and tea blender Pumphreys, eco and ethically focused trader Nil Living, Northumberland Delicious, The Fruit & Nut Company, Pizza by the Slice, Dumpling and Bun and Redheads Mac'N' Cheese.
Order at www.GraingerDelivery.com

THIS STACKS UP

The regeneration of Newcastle's historic Bigg Market and Groat Market continues with the arrival of Meat:Stack. The former George Rye and Sons building at 41-43 Groat Market is now home to American smashed and steamed cheeseburgers and breakfasts. This is Meat:Stack's first solo bricks and mortar venture following the success of partnerships with No.28 and the Dog and Parrot, and its Grainger Market unit. The building is the fifth property to receive a National Lottery Heritage Fund grant as part of the NE1-led project.

CENTRAL'S PERKS

The owner of the Waiting Room pub at Durham Railway Station has taken over The Central – one of Tyneside's most iconic real ale pubs, known for its Grade II-listed architecture and superb brews.

The pub, on the Gateshead side of the High Level Bridge, has been done up to bring the interior in line with the exterior, widely likened to New York's famous Flatiron building.

New operator Ouseburn Leisure Group, run by Graeme Robinson, has drafted in popular festivals operator Philly Deli to serve American food including bagels, wings and sandwiches made with prime local produce from the likes of Charlotte's Butchery, Geordie Bakers and Hillheads Farm.

Meanwhile, some of the region's best breweries stock the nine handpulls and 11 keg lines. The Central welcomes charities, organisations and artists to book its rooms, and musicians are being booked for the new Central Sessions. **The Central, Half Moon Lane Gateshead, NE8 2AN**
tel 0191 478 2543
Facebook @central.gateshead

FRENCH FANCY

Following its success earlier this year, Hexham's nationally acclaimed French favourite Bouchon Bistrot has brought back its takeaway menu. The choice of seasonal dishes and French classics changes weekly and dishes are prepared and packed ready to heat at home. Three courses are just £20 per person and you can see the menu and order via the website.
Bouchon Bistrot, Gilesgate, Hexham, NE46 3NJ
tel 01434 609 943, www.bouchonbistrot.co.uk

HIGH STEAKS

Tomahawk Steakhouse is continuing its growth in the region, taking on the restaurant in Middlesbrough's Acklam Hall. The group, which operates restaurants from North Yorkshire to Newcastle, is all set to take over the former Brierley Restaurant at the Grade I-listed destination. **www.tomahawk-steakhouse.co.uk**

GREEN TOMATO RELISH

INGREDIENTS
3kg green tomatoes
1 red pepper
1.5kg onions
60g coarse sea salt
2½ tsp celery seeds
3 tsp mustard seeds
1 tsp turmeric
1.25kg sugar
500ml white vinegar

METHOD
Finely dice tomatoes, pepper and onion. Place in a large bowl, sprinkle over salt and leave to macerate for 15-20 mins.
Rinse and drain vegetables, and place in a large pan with all the remaining ingredients.
Place over a medium heat and bring to the boil. Continue to boil for 20 mins, stirring occasionally.
Pour into warm sterilised jars, immediately cover with lids and invert for 1 hour. Store in a cool, dark place.

LIVE FROM THE KITCHEN

Lockdown is over, but Sachins' Bob Arora is continuing his popular live demonstrations on social media. From chicken tikka masala to his parents' secret recipes and tips on making the perfect rice, Bob has been delivering weekly demos every Wednesday afternoon from his home kitchen through Facebook and Instagram.

Bob is also re-booting the Sachins' takeaway service following its success earlier this year. Sachins at Home offers chilled meals from a set menu to heat at home - similar to the Sachins products available in Fenwick. **@SachinsNewcastle on Facebook**
@Sachins_ncl on Instagram

DOUBLE UP

Greek street food specialist Acropolis has expanded to a second location at the Stack container village in Newcastle. A popular pop-up at food festivals and markets, Acropolis' move follows the success of its first kitchen in the city's Grainger Market. Run by brothers Viktor and Filip Tachan with their friend Yusef Yenil, Acropolis serves up gyros, souvlaki and mezze.
Acropolis, Unit 49, Stack, Old Odeon Site, Pilgrim Street, Newcastle NE1 6QE, www.acropolis-street-food.co.uk

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Take 5

Seeking foodie inspiration? Here are five of our favourite things of the moment...

PUREKNEAD

We love these South African melkterts with kiwi and blueberry from PureKnead in Whitley Bay. These gorgeous set milk tarts are made by PureKnead's Robynne van Sweeden. Lighter than our normal custard tarts, Robynne says you find this set version around Johannesburg and central South Africa, while a baked version is popular around the cape and south. A dusting of cinnamon is a more traditional topping than her exquisite choice of kiwi and blueberry.

PureKnead, 111-113 Park View, Whitley Bay, NE26 3RH, tel 07964 864 181, www.pure-knead.co.uk

BLAGDON FARM SHOP

The Appetite veg patch recently came off a good deal worse in a fight with cabbage white caterpillars, which have gone through our brassicas without mercy. Thank goodness, then, for Blagdon Farm Shop, where the purple cauliflower, savoy cabbage and broccoli have softened the blow a little. All grown on the Blagdon estate, there's also curly kale, lettuce, potatoes and more, all freshly picked in the morning and sold alongside produce from local producers.

Blagdon Farm Shop, Milkhope Centre, Blagdon, NE13 6DA
tel 01670 789 924
www.theblagdonfarmshop.co.uk

NORTH ACOMB FARM SHOP

We're very lucky to have North Acomb Farm Shop on the doorstep of Appetite HQ. The homemade pies from Robin and the team are particular favourites, and we highly recommend the home-reared Aberdeen angus steak and mixed game versions.

North Acomb Farm Shop, Stocksfield, NE43 7UF
tel 01661 843 181, www.northacombfarmshop.co.uk

BREAD AND ROSES

We discovered Bread and Roses at Hexham Farmers' Market, though the bakery is actually in Alnwick and it also appears at Morpeth Farmers' Market. The rye sourdough with caraway is historic, and the Gilchester's miche is a sublime slice of France. Stockists are listed on the website, and the bread appears on menus throughout the region, including at Salt Water Café in Beadnell and Running Fox in Felton, Shilbottle and Longframlington. **www.breadandroses.co.uk**

MORWICK DAIRY MILK

Milk doesn't get fresher than Morwick Dairy's vending machine. Filled after morning milking, raw milk, which is unhomogenised so you get an inch of cream at the top of your litre bottle if you leave it undisturbed - is just £1 per litre. Eggs are also available in the vending shed, and you can pick up ice cream from the parlour.

Morwick Farm, Acklington
NE65 9DG, tel 01665 711 210
www.morwickdairy.co.uk

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Fab 5

This month we ask five fab foodies - What is your go-to supper dish?

MO O'TOOLE

CARRUTHERS & KENT

Stuffed aubergine, because it reminds me of holidays in Turkey and sunshine. During lockdown, I made it a couple of times a week. My favourite fillings are mixed veg with oregano, mint, rosemary and a rich tomato sauce, or mince spiced up with rose harissa, rice and plenty of parmesan on top.

Kate Hudson and Alex Forsyth (Pic Victoria Sponge Photography)

KATE HUDSON

BARISTOCRACY COFFEE

We ate loads of Asian food when we lived in Sydney, and I love to make it at home whenever I get the chance. My go-to dish is boiled rice with green veg topped with a fried egg, Sriracha, soy sauce and kimchi. It's quick and simple, and brings together all of the flavours I miss from our time in Australia.

JEFF ROLAND

ARTISAN BACON CO

I've really enjoyed cooking Malaysian, Indonesian and Burmese dishes since travelling in South East Asia and the Far East a few years ago. Ayam Percik – a grilled chicken dish with lemongrass, turmeric and coconut sauce from Malaysia – is an old favourite which I enjoy going back to.

BOB ARORA

SACHINS

When you cook for a living, the simple things are the best, so I would go for a chip butty with triple-cooked chips. Cook them on a low heat first then crank up the oil to high until cooked. Take them out, let them cool and then reheat. Serve with Lurpak butter on fresh bread with salt and vinegar.

NICKY ROGERSON

KG PHOTOGRAPHY

I'd go for homemade pasta, which is made by my son Lucas and always ready to go in the freezer. From there, it depends what's to hand. There are always chillies and peas around, and I might add some sun-dried tomatoes or olives. I always finish it off with a generous helping of grated parmesan cheese. If I'm lucky, there might be a nice glass of Malbec too!

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The quick pickler's guide

Time was, everyone pickled their garden and hedgerow glut, a few days each autumn set aside for the supremely satisfying task of suspending the best of the crop in splendid, vinegary animation and proudly arranging jars filled with all manner of things – beetroot, onions, walnuts, fruit, eggs – on cold pantry shelves.

What happened to this autumnal tradition? Well, we all started working longer and longer hours, which means the temptation to set aside a weekend for lovingly preserving produce in jars is easily scuppered by the more pressing need to de-frost the fridge or fumigate teenagers' bedrooms.

The traditional method of canning fruit and vegetables is time-consuming, but you can make quick refrigerator pickles in minutes. All you need is a supply of quick pickling liquor; clean jars with plastic or glass lids (if you use metal lids, the vinegar reacts with metal and turns everything bad); and super-fresh produce to fill the jars. Then, use your imagination!

QUICK PICKLING LIQUOR

INGREDIENTS

Water and vinegar in equal parts (use distilled white vinegar, apple cider, white wine or rice vinegar, unless you are pickling onions, in which case use malt vinegar)
To each 500ml liquid, add:
2 tsp sea salt or pickling salt
1 tbsp sugar (if you like sweeter pickles)
1 tbsp whole mixed pickling spices

METHOD

Bring water to the boil, add salt and sugar (if using) and stir over a low heat to dissolve. Add vinegar and spices. When cool, pour over produce in clean jars.

In addition to pickling spice, experiment with further flavours, e.g:

- Fresh dill, thyme, oregano, and rosemary
- Dried thyme, dill, rosemary, and oregano
- Whole garlic cloves
- Fresh ginger, peeled and thinly sliced
- Mustard seed, coriander seed, peppercorns and red pepper flakes
- Ground turmeric or smoked paprika

HOW TO

WHAT TO PICKLE
Virtually anything, but it must be super-fresh. If your garden hens have been in full flow, pickle their eggs. If you have a veg patch glut, pickle carrots, cucumber, green beans, cauliflower, fennel, beetroot, red cabbage, courgettes – anything. Fruits which respond well include apples, watermelon rind, pears, figs and lemons.

PREP YOUR VEG
Salt vegetables to remove excess liquid, which can turn your pickling liquor cloudy. Simply peel and slice/dice vegetables and layer in a bowl, each layer sprinkled with salt, and leave overnight. Thoroughly rinse off salt and pat dry with kitchen paper before pickling.

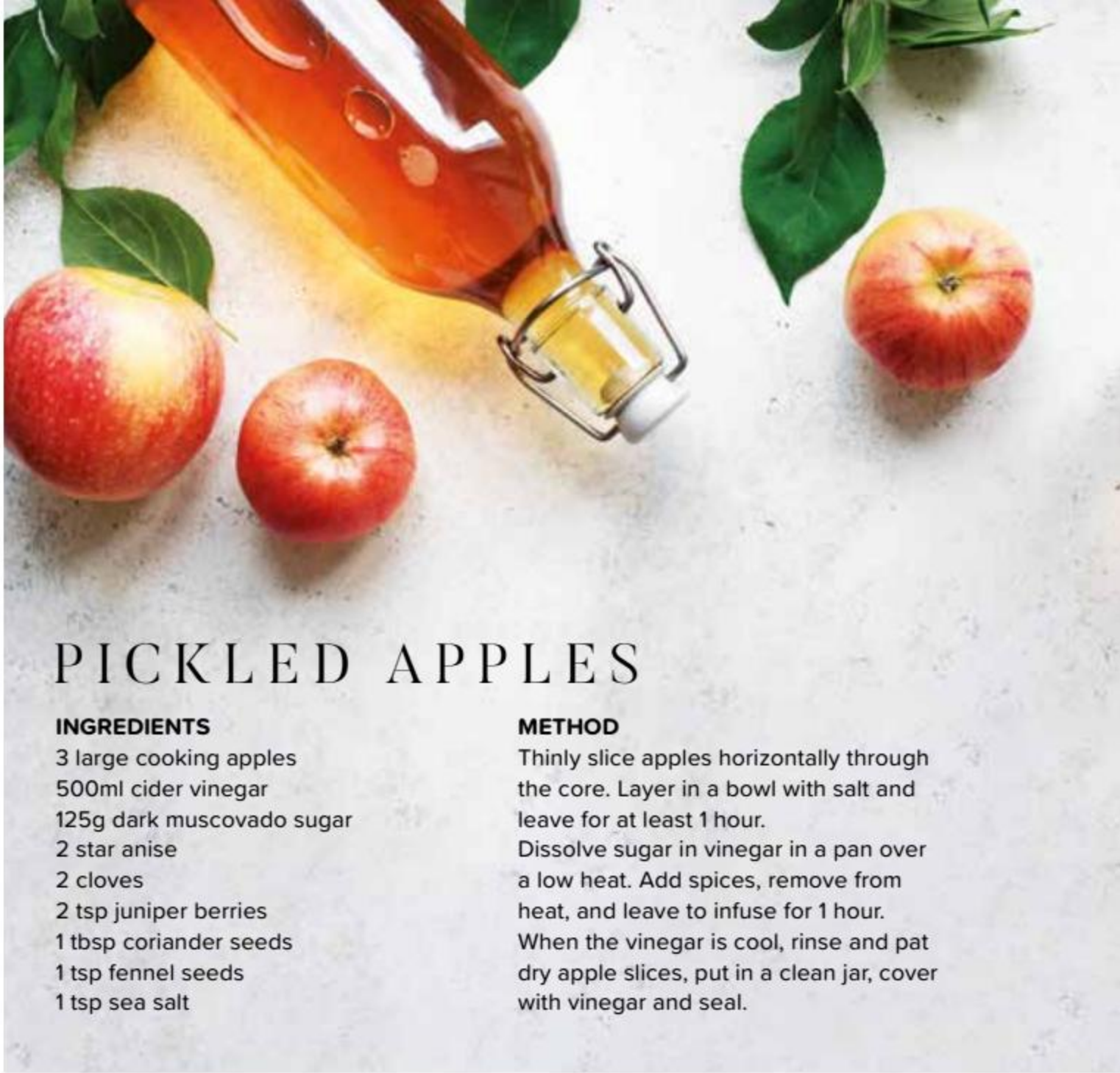
JARS
Jars must be scrupulously clean, and given a good, hot wash either by hand or in the dishwasher before use. If you prefer, sterilise them.

FILL IT UP
First, add the fruit or veg you are pickling, then pour over pickling solution to cover the contents. Shake gently to free trapped air bubbles. Check the level after 24 hours and add more liquor to cover if necessary.

COVER
Cover with airtight lids. Ensure there is no exposed metal in the lid, because this will react with the vinegar. Hence, you're best off using plastic or glass lids.

STORE
Keep in the fridge for 1-2 months.

LONGER-LASTING PANTRY PICKLES
If you want long-lasting pantry pickles rather than quick refrigerator pickles, make up Mrs Beeton's basic pickling liquor as follows:
1.5 tsp each of crushed whole cloves, allspice, cinnamon stick, chopped fresh root ginger to 1 litre vinegar. Mix together, seal in bottle/s, put in a cool, dark place and shake every day for 1 month. Leave undisturbed for 1 more month. Strain out spices, put into a clean bottle/s and use as necessary. Vegetables which have had excess liquid removed by salting (above) will keep in this solution, provided you have a well-sealed jar with no metal in the lid, for months.



PICKLED APPLES

INGREDIENTS
3 large cooking apples
500ml cider vinegar
125g dark muscovado sugar
2 star anise
2 cloves
2 tsp juniper berries
1 tbsp coriander seeds
1 tsp fennel seeds
1 tsp sea salt

METHOD
Thinly slice apples horizontally through the core. Layer in a bowl with salt and leave for at least 1 hour.
Dissolve sugar in vinegar in a pan over a low heat. Add spices, remove from heat, and leave to infuse for 1 hour.
When the vinegar is cool, rinse and pat dry apple slices, put in a clean jar, cover with vinegar and seal.

PICKLED CAULIFLOWER

INGREDIENTS
1 head cauliflower
2 tbsp sea salt
500ml apple cider vinegar
200g granulated sugar
1 tsp mustard seeds
1 tsp coriander seeds
½ tsp cumin seeds
1 tsp ground tumeric
½ tsp chilli flakes
1 garlic clove

METHOD
Break cauliflower into florets, place in a bowl and sprinkle with salt. Cover and leave overnight. Rinse thoroughly and pat dry the next day.
Put spices, sugar and vinegar in a pan over a medium heat, bring to a simmer and stir until sugar has dissolved. Leave to cool. Put cauliflower in clean jars, pour over pickling liquor to cover. Seal and store for 1 week before tasting.

FALL INTO INDULGENCE

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The lowdown... on dining out (and in)

Confused? We all are. But as the rules on numbers continue to change, we can still eat out safely *and* enjoy restaurant dishes at home, says Jane Pikett

At the time of writing, someone is ranting on the radio about the impact on his human rights of the Rule of Six – the government's latest edict concerning the number of people who can socialise together.

According to Outraged of Tunbridge Wells on Radio 4 right now, the Rule of Six "undermines his right to family life" because he, his wife and three kids can't go out for dinner with his parents. To which others may say, think yourself lucky the restaurants are open and you can eat out, albeit in a small-ish group; a small price to pay for avoiding a spell in intensive care.

Unless you're shielding, your local restaurant, café and pub needs you, so do them a favour and go out and enjoy yourself! And if you're shielding, you can order online from increasing numbers of establishments who have turned their hands to takeaways and heat-and-eat ready meals.

I'm taken by the friendly and reassuring message on the website of Hinnies, Whitley Bay. It says: *'Hinnies is open for business. We're COVID-secure and we're Good to Go-accredited with Visit Britain. We are continuing our popular takeaway service. We are following all government guidelines; directing guests to book in advance; have installed hand gel stations and Perspex screens; and will measure your temperature on arrival. We will adopt staggered arrivals and reduce capacities; only one person at a time will be allowed to use the washroom; dining tables will be sanitised between uses; and we will be unable to accept cash and cheque payments in preference to credit/debit cards. Thank you for your ongoing support. See you soon. Andy, Joy & Amy x'*

What could be more reassuring than that? Our region's restaurants, pubs and cafés are all over Covid security, with socially distanced tables, gallons of hand sanitiser, staff in masks, socially distanced kitchens, etc. How agile our restaurateurs are in adapting to the new normal.

If you're still staying in, the Hinnies@ Home autumn menu, which is omnivore and vegan-friendly, is an exercise in seasonal comfort. You might start with pork terrine with apple and ale chutney and toasted sourdough; follow that with spiced butternut squash, chickpea and lentil curry with Thai rice and pak choi; and finish with toasted almond panna cotta with caramelised pear. All for £19. Everything apart from the Sunday roasts is served cold with re-heating instructions. It's so simple, it's genius.

At Dabbawal's Indian street food kitchens in Newcastle city centre and Jesmond, there is ingenious new packaging to make lunchtime takeaways extra special. The Dabbabox is available with a choice of curries served with rice, salad and chutney, wraps served with masala chips and chutney, or the Tandoor Smoked Box featuring Punjabi chicken tikka, seekh

kebab, salmon tikka with makhana sauce, salad and roomali roti.

Over in Hexham, the brilliant French restaurant Bouchon has brought back its sublime takeaway menu of French classics prepared and packed ready to heat at home. Three courses are just £20 per person and you can see the menu and order via the website.

Meanwhile, chef Laura Hardy-Rochester has launched a ready meals business after providing her grandmother with home cooked food during lockdown. Based in Wooler, Laura's frozen dishes star local produce and vegetables from her garden.

Many of us have never cooked as much as when restaurants were closed, prompting a huge trend in sourdough and now vegetable cooking thanks to the glut provided by thousands of lockdown veg patches. Covid has also prompted exponential growth in doorstep deliveries, including from Newcastle's famous Grainger Market, which is delivering to some 5,000 customers all over the region every month. More than 20 traders' quality produce is available online via Grainger Delivery, including butchers, fishmongers, greengrocers and cheesemongers.

Meanwhile, renowned wagyu beef and pork producer Hoardweel Farm, in the Scottish Borders has a new online shop stocked with steaks, joints, burgers, sausages, and pies.

Food and Drink North East's (FaDNE) online Local Heroes Market offers produce from some 200 well-known names including PureKnead bakery, Burtree Puddings, Hadrian's Game Larder, Doddington Dairy and Northumberland Cheese Co. And 10% of every purchase goes towards community good causes.

Which all goes to show, lasting good has grown out of lockdown and this tricky post-lockdown period. Doubtless, more restaurants and producers will diversify their offering with packaged goods and provisions for sale, takeout and delivery services which will continue after Covid restrictions are a distant memory. Which all means, we can eat safely out and in. Just keep your eye on numbers...

Dabbawal's Dabbabox

Hinnies

Hinnies

Meat the Wilsons

The Wilson family of Ingram Valley Farm in Northumberland National Park is adjusting to unprecedented times

Covid-19 has hit food businesses hard, not least farmers whose restaurant, catering and retail customers disappeared overnight with lockdown. But Rebecca Wilson is focusing on the positive effects of these past six months on Ingram Valley Farm in the shadow of the Cheviot Hills; specifically, the fact that these unprecedented times prompted the farm to refocus on selling its award-winning lamb online to home delivery customers, with unexpected success.

"Demand for home delivery has soared over the last six months," says Rebecca. "Our priority has been ensuring we have enough produce to deliver safely to people's doors. There is so much demand that we are now forming partnerships with other farms that share our high environmental and welfare standards, so we can all meet increased demand for home delivery and zero food waste. We are fortunate to be part of a close-knit farming community and to be working more closely together than ever before."

Cattle, sheep and deer have grazed this valley for millennia, producing nutritious, high quality meat renowned for its tenderness and distinctive taste. Over recent weeks, Ingram Valley lamb has sold out online. The farm's Aberdeen Angus beef and venison will be ready soon, and Rebecca is busy with pre-orders from a growing community of home delivery customers.

Pre-pandemic, 2020 looked very different. A few weeks before the pandemic hit, the Wilsons secured a deal with national food service wholesaler Bidfood to supply lamb to restaurants and events providers throughout the region. But as the country went into lockdown and the hospitality sector ground to a halt, the contract was put on hold. While the farm is now beginning to work with Bidfood again, the lockdown focus on home delivery remains central to the farm's plans.

"Even deep in the Ingram Valley, Covid-19 has had a major impact, not least on farms like ours where getting produce to market has proved more challenging," says Rebecca, who is a partner in the farm alongside her husband Ross and father-in-law Johnny. "Focusing on home delivery enabled us to deliver safely, direct to customers. We had no idea it would be such a success."

The business developed its online shop with Turnbull's of Alnwick and works with North Yorkshire-based meat box supplier Holme Farmed Venison to deliver its produce. Both have the highest hygiene ratings, so Rebecca is assured that the farm's meat is packed and delivered to the highest standards. The farm's beef, which will be ready later in autumn, and Christmas-ready venison are both now available to pre-order via the farm's website.

The valley where the farm is situated was formed over 480 million years ago and running through it is the River Breamish, which is one of the cleanest rivers in the world. The land has been farmed for 6,000 years and is considered one of the finest prehistoric landscapes in the country. It contains remains from the Neolithic, Bronze and Iron Ages, Romano-British and medieval periods, and under a Heritage Partnership Agreement between the Wilsons and English Heritage in 2010, 1,300 acres is scheduled as an ancient monument.

The Wilsons raise pasture-fed, outdoor-reared livestock totalling 1,400 sheep, 1,500 prime lambs, 100 Aberdeen Angus cattle and 100 red deer. "Farming sustainably is our top priority. This land has been farmed for thousands of years and we need to preserve and protect the incredible ecosystems here," says Rebecca's husband Ross, who grew up on the farm with his father Johnny and late mother Sarah. "Our free-range, natural pasture-fed livestock roam the hillsides as they would have done thousands of years ago. They drink the crystal-clear waters of the river and breathe the clean upland air. We continue to protect the landscape and we are committed to operating a sustainable farming system that can thrive for years ahead."

In 2019, this became the first farm in the world to achieve certification from Planet Mark, which recognises commitment to the continuous improvement in sustainability achieved by cutting carbon emissions through reductions in energy, waste, travel and procurement. "We're passionate about helping to reverse climate change and we apply sustainability across the farm and the office, including using electric

Rebecca and Ross Wilson on their farm in the Ingram Valley

vehicles and investing in green energy," says Rebecca.

Through Planet Mark, the farm linked up with sustainability partner Fooditude, a London-based contract catering company that usually caters to tech-media firms. Adjusting to the circumstances, in April Fooditude started delivering ready made meals to vulnerable groups, those self-isolating, ex-military and the homeless in London. "It went from providing 400 meals in the first week of re-opening, to serving 4,500 meals in a week," says Rebecca. "We donated Ingram Valley lamb and mince."

The farm also supports Food and Drink North East (FaDNE). Producers and suppliers from all over the region are involved with organisation, which has created an online Local Heroes Virtual Food Market delivering quality local food and drink throughout the North East.

The produce of Ingram Valley Farm is distinctive because of its setting. Here, low-intervention, grass-fed livestock graze on varied grasses, heathers and varieties of clover which provide a sustainable diet rich in protein, vitamins and minerals that translates to high quality, nutritious meat. Upland lambs forage on heather, virgin grass and wild herbs, resulting in a leaner and more complex flavour profile. This slow-grown outdoor lifestyle results in well-marbled meat, the unique diet of the Northumberland valley providing a distinctive colour and depth of flavour.

Venison, which will be ready for Christmas, is sustainably sourced from Northumberland hillsides (farmed) and associated parks (wild). Both produce healthy, lean red meat hung for 7-14 days to enhance its natural flavour.

Aberdeen Angus beef is next to come to market later this autumn, after being hung for 28 days. This is the first time the farm has sold its beef direct to customers online and, following the success of its lamb in the last few months, Rebecca is hopeful. "It's totally new for us to sell our own-branded beef, but the demand is there, and we hope customers will enjoy its unique taste," she says. "Lockdown was hard, but it has allowed us to adjust to new ways of getting our produce to customers. We are fortunate that people want high quality produce and we're privileged to provide it for them."

BURGUNDY POT ROAST

INGREDIENTS

1.5kg topside of beef
salt and freshly ground black pepper
25g butter
1 onion, sliced
2 carrots, sliced
2 sticks celery, chopped
1 clove garlic crushed
150ml Burgundy
150ml beef stock
bouquet garni
1 bay leaf

METHOD

Preheat oven to 160C/Gas 3. Season the joint well with salt and pepper. Heat butter in a flame-proof casserole dish and sear the meat on all sides. Remove meat and set aside. Add onion, carrots, celery and garlic to the pan and cook for 5 mins. Put the meat on top of the vegetables, pour the wine and stock over, add a bouquet garni and a bay leaf, season lightly, cover and cook for 2-2½ hours.

When cooked, place meat on a serving dish and spoon vegetables around. Remove bouquet garni and bay leaf. Place pan over a medium heat and reduce cooking liquor until slightly thickened. Pour over the meat or serve separately.

Serve with mashed potato and buttered greens.

TOURNEDOS ROSSINI WITH RED WINE JUS

INGREDIENTS

4 tournedos steaks, trimmed
4 slices white bread
125g butter
1 tbsp oil
salt and pepper
4 discs liver pâté approx. 5mm thick
3 very thinly sliced chestnut mushrooms (or shaved truffles, if you're feeling flush!)
4 tsp cold butter

For the jus

2 tsp olive oil
2 shallots, finely chopped
100ml port
100ml red wine
1 small sprig rosemary
1 bay leaf
400ml beef stock
1 tbsp butter
pinch sugar
pinch salt

METHOD

Tournedos is a slice from the fillet in a neat round shape. Foie gras and truffles are usually used in this recipe, substituted here with liver pâté and mushrooms.

For the jus: Put the olive oil in a large frying pan over a medium heat and fry the shallots for about 10 mins until caramelised. Add the port, wine and herbs and simmer for 10 mins, or until reduced by half. Add stock and continue to cook until reduced by half again, to a consistency that will coat a spoon. Strain and discard shallots and herbs. Transfer to a new pan and bring to the boil. Remove from the heat and whisk in the butter, season to taste. Keep hot.

For the tournedos: Trim a slice of bread to match each steak. Melt half the butter and the oil in a frying pan and fry the bread over a moderate heat until crisp and golden. Set aside on a warmed plate covered with greaseproof paper.

Add half the remaining butter to the pan. When hot add the steaks. Cook for 2-3 mins each side until browned all over and rare inside. Remove and place each on a slice of fried bread. Keep warm.

Heat remaining butter in a small pan, add pâté slices and cook until browned. Place a slice of pâté on each steak. Add mushrooms slices to the pan and cook over a high heat until browned and top each steak with a couple of pieces. Finally, top each with 1 tsp cold butter. Serve with the jus. ▶

STEAK AND KIDNEY PIE

INGREDIENTS

2 tbsp vegetable oil (approx.)
2 tbsp butter (approx.)
2 onions, chopped
90g button mushrooms, halved
200g lamb kidney, diced
600g braising steak, trimmed and cut into 1cm cubes
1 tbsp plain flour
salt and pepper
leaves from 3 sprigs thyme
1 bay leaf
600ml beef stock
beaten egg to glaze

For the pastry

200g plain flour
100g butter, diced
pinch salt
1-2 tbsp water

METHOD

Prepare the filling: Heat 1 tbsp oil and 1 tbsp butter in a large, deep frying pan over a medium heat. Add onions and cook until caramelised. Remove and set aside. Add mushrooms to the same pan, brown, remove and set aside. Add kidney to the pan, adding a little more oil and butter if necessary, sear on all sides, remove and set aside.

Place beef in a plastic bag, add 2 tbsp flour and a good pinch of salt and pepper and toss until well coated. Shake off excess. Add more oil and butter to the pan and brown the beef on all sides. Put the onions, mushrooms and kidneys back in the pan, pour in the stock, add thyme and bay leaf, stir well and bring to the boil. Turn down heat, cover and simmer for 1 ½ hours until the beef is tender and the gravy has thickened. Remove from heat and leave to cool completely.

Make the pastry: Sift the flour into a large bowl, add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs. Add a pinch of salt and 1-2 tbsp cold water and mix with your hands to make a dough. Roughly shape into an oval. Wrap in clingfilm and refrigerate for at least 30 mins before use.

Make the pie: When the meat mixture is completely cool, skim off any fat which has come to the top, then place in a pie dish. Do not overfill or the gravy will escape during cooking. Reserve any gravy which is left over to serve with the pie. Preheat oven to 200C/Gas 6. Roll out pastry, top the pie, make four slashes in the pie lid and glaze with beaten egg. Place pie on a baking tray and bake for 20-25mins until pastry is golden. Turn the heat down 170C/Gas 5 and bake for a further 15-20 mins. Remove from the oven and set aside to rest for 20 mins before serving.

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The proof of the pudding

The season of mists and mellow fruitfulness is with us, which means warming puddings are the order of the day, writes Jane Pikett

LEMON AND BLACKBERRY CLAFOUTIS

INGREDIENTS

400g blackberries
50g ground almonds
2 tbsp plain flour
100g golden caster sugar
2 whole eggs
2 egg yolks
250ml double cream
finely grated zest of 1 lemon

METHOD

Wash and pick over the blackberries, spread out and leave to dry on a clean towel. Heat oven to 190C/Gas 5. Grease a 23cm flan dish (not loose-bottomed) and arrange the berries in it. Mix the rest of the ingredients together in a mixer or with a whisk until smooth, pour over the fruit and bake for 20-25 mins until golden. Serve warm.

CALVADOS APPLE TART

INGREDIENTS

For the pastry

225g plain flour
110g butter, cut into chunks
80g sugar
1 large egg, beaten

For the filling

4 dessert apples (about 700g)
2 large eggs
100g golden granulated sugar, plus 2 tbsp
¾ tsp vanilla extract
pinch salt
250ml double cream
2½ tbsp calvados

METHOD

Make the pastry: Put flour in a large bowl, add butter and rub in until the mixture resembles fine breadcrumbs. Stir in sugar, add beaten egg and mix to a soft dough (add a little milk if too dry). Wrap in clingfilm and refrigerate for at least 1 hour.

Grease a 23cm loose-bottomed cake tin. Remove pastry from fridge, roll out on a lightly floured surface and line the tin. Preheat oven to 180C/Gas 4. Peel and core apples, slice thinly and arrange over the pastry.

In a bowl, whisk together eggs and sugar, add vanilla extract and salt, whisk in cream and calvados until smooth. Pour mixture over the apples and sprinkle over 2 tbsp sugar. Place in the oven and bake for 45-50mins until golden brown.

Serve warm with vanilla ice cream. ▶

CHOCOLATE AND AMARETTO BREAD AND BUTTER PUDDING

INGREDIENTS

40g unsalted butter
8-10 brioche slices (1 or 2 days old)
150g dark chocolate (70% cocoa solids), roughly chopped
400ml whole milk
50ml double cream
75g golden granulated sugar
1 orange, zest
3 eggs, whisked
2 tbsp Amaretto
2 tbsp flaked almonds

METHOD

Grease a medium-sized (approx. 23cm) ovenproof dish. Butter the bread and overlap slices (or half slices), buttered side up, in the dish, scattering half the chocolate pieces between layers.

Put milk, cream, remaining chocolate, sugar and orange zest in a heatproof bowl over a pan of simmering water and warm gently, stirring, until the sugar has fully dissolved. Remove from heat.

Place eggs in a large bowl and whisk. Slowly add milk mixture from the pan, whisking continually. Whisk in Amaretto. When smooth, pour batter over the bread and sprinkle over almonds. Set aside for 30 mins.

Heat oven to 180C/Gas 4. Place dish on a baking tray and bake for 30 mins or until puffed up and set on top. Leave to stand for 5 mins then serve with double cream.

CREAMY COCONUT RICE PUDDING

Serves 4

INGREDIENTS

100g pudding rice (or arboria rice)
400ml tin coconut milk
600ml coconut milk (in a carton)
pinch of salt
75g caster sugar
1 tbsp butter

To finish:

frozen blackberries
blackcurrants
redcurrants
shaved coconut
honey

METHOD

Butter a medium pudding dish. Empty both coconut milks into a large jug and stir to combine thoroughly. Put the rice in a saucepan and pour over the milk. Leave to stand for 30 mins. Preheat oven to 150C/Gas 2. Stir salt and sugar into the milk and rice, sprinkle with flakes of butter. Bake for 2–2½ hours or until thick and creamy and browned on top. Serve sprinkled with mixed berries (frozen blackberries look beautiful and thaw in the hot pudding), a little honey and some shaved coconut.

A refreshing change

Hard seltzers are the new big thing in drinks, and the only one fully made and canned in Britain is on our doorstep

Assuming you're in with the in-crowd, you will know by now that hard seltzers, beloved by Americans, are our new big thing.

Light, low-calorie refreshing, hard seltzer is fruit-infused alcoholic sparkling water, and RIDE, the first hard seltzer fully made and canned in Britain, has hit international markets less than two months after its lockdown launch by the husband-and-wife owners of Northumberland-based Allendale Brewery.

In a complete change from their internationally award-winning craft ales, RIDE creators Lucy and Tom Hick have smashed sales targets with their new product – a refreshing blend of alcoholic sparkling water and natural fruit flavours.

A few weeks since their lockdown launch, they are distributing RIDE through shops and pubs nationwide and exporting to Japan, Norway and the Republic of Ireland. They are also set to sign deals with distributors in Sweden and the Cayman Islands, following the rapid rise of the brand on social media.

RIDE is hand-crafted to Lucy and Tom's own recipes and appeals to a fast-growing market seeking a healthier, lower calorie alternative to other alcoholic drinks.

Having heard about the meteoric rise of alcoholic fruit-infused sparkling drinks from friends in the US, where hard seltzers are the fastest-growing drinks sector, Lucy and Tom were inspired to set about making their own, experimenting with flavours in the kitchen of their home in Riding Mill, Northumberland.

Then, just as they had the perfect blend of natural ingredients, lockdown hit. "We'd worked hard getting the taste right, the brand right, everything, and then Coronavirus hit and we found ourselves facing up to launching a new brand just as pubs and shops shut," says Lucy. "We considered delaying but decided to go ahead online; we knew there was a big market out there and we wanted to get on with it.

Now, three months after its lockdown launch, RIDE's reputation has spread nationally and internationally. "We've been completely blown away by its popularity," says Lucy. "The name suits it - it's gathering speed by itself; a couple of people try it, and word spreads to thousands. They love the fresh taste, the natural fruit flavours, and the fact that it is lighter and lower in alcohol than wine or spirits. It's incredibly exciting to see such huge growth in the UK and it's unprecedented in our experience to be exporting so rapidly."

The all-natural RIDE formula – which is artificial sweetener-free, low carbohydrate, low calorie, gluten-free and vegan – is hand-crafted in small batches, canned on-site, and made with all-UK ingredients. Its unique balance of fresh, natural flavours and ingredients is refreshing, delicious, 4% alcohol and contains just 86 calories per sleek 330ml can.

Also available in pubs on draft, it is made at a Victorian lead-smelting mill on the banks of the River Allen in the North Pennines, home of the international award-winning Allendale Brewery, which Tom founded in 2004.

In four natural fruit flavours – Mango & Passionfruit, Black Cherry, Blood Orange, and Persian Lime - Lucy and Tom spent months researching flavours and formulas in their kitchen until they found their own perfect blend.

"We spent many evenings tasting different flavours at home until we got it just right," says Lucy. "We didn't want to use anything artificial, and we got there in the end - a great-tasting, refreshing, natural drink. We've never seen a product grow so quickly in popularity.

"Demand at home and abroad is just unprecedented. And all from a lockdown launch. It's amazing."

Lucy and Tom Hick at home with their dog Pebbles in Riding Mill, Northumberland

Cocktail hour

BLUEBERRY GIN SELTZER

Serves 2

INGREDIENTS

50ml Luxardo
50ml gin
juice of 1 lime
scoop raspberry sorbet
handful blueberries
4 glazed cherries
ice cubes
RIDE black cherry

METHOD

Mix everything apart from the RIDE in a cocktail shaker (or for a smoother taste in a Nutri Bullet). Strain into a fancy glass and top with RIDE Black Cherry.

RASPBERRY GIN SELTZER

Serves 2

INGREDIENTS

Large handful raspberries
2 tsp honey
juice from 1 lime
8 mint leaves
50ml gin
RIDE Blood Orange

METHOD

Combine ingredients except RIDE in a jug, stir to break down raspberries. Top with RIDE Blood Orange seltzer to your taste.

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Hello, my old friend

Dean Bailey comes to talk with Dabbawal, Jesmond - again

Dabbawal's Jesmond kitchen is one of the best restaurant spaces in the region – a special place which instantly sets you at ease with a buzzing, casual atmosphere, quirky features that make it truly unique and, when the sun is shining, a great outdoor space just off Brentwood Avenue in one of the hottest postcodes in Newcastle.

The bright colours, fantastic service and that buzz you find even when the restaurant isn't full to capacity is why Dabbawal has been named the UK's Best Causal Dining Restaurant at the British Curry Awards three years in a row, and why we come back here every time we want to guarantee a first-class night out and a unique dining experience.

Dabbawal brought the street food of the subcontinent to the North East in 2011 and today its two restaurants remain incredibly popular with street food an essential part of the experience.

Roast sweet potato dressed in sweet, creamy sauces and topped with little explosions of pomegranate seeds is a delight alongside creamy paneer and spinach, poppadoms and an exceptional mango chutney.

Bhel puri – puffed rice and potato sev tossed with onion and pomegranate seeds - is as essential a part of any evening here as Bombay lemonade, a soft drink turned up to 11 on the style scale.

Cocktails, each perfectly paired with the rich, bold flavours of the menu, are also key, the Dabbawal Martini offering a perfect hit of raspberry sweetness and the Kaffir Lime Cosmopolitan proving an excellent choice to finish the evening with lemon vodka, Cointreau and cranberry juice.

While street food makes Dabbawal stand out from the crowd, classic curries from across the subcontinent make plenty of noise too.

Railway Lamb Curry – a dish from the Anglo-Indian era – is a classic. Rich and complex with mustard seed and curry leaf alongside coconut, the lamb and new potatoes burst with flavour and gentle heat. Meanwhile, Murgh Tikka Makhani Masala is milder still, though no less flavour-packed with a tomato and cream base perfect for gathering up with naan, roti and rice.

Dinner for two with drinks will range from around £50, depending on your choice of starters/streetfood and drinks.

Dabbawal remains an essential part of the North East food curriculum and is rightly among the UK's finest dining experiences – visit regularly and welcome the occasion like an old friend.

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TASTY PLACES

Whether it looks good or tastes sublime, the best kitchens have these ingredients...

STORY OF THE BLUES

This stunning peacock blue water jug and glass set adds a touch of elegance to any table. £48 at **Vintage at the Tower, Hill Street, Corbridge, tel 01434 632 186 www.facebook/VintageAtTheTower**

BEAN FEAST

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LIGHT TOUCH

L:A BRUKET scented candles are made with wax from organic soy and hand poured in Sweden. The rich scent and amber glass design is beautiful in the kitchen. This coriander-scented kitchen candle is £50 and reed diffuser is £58 at **Bradley Gardens Sled Lane, Wylam NE41 8JH tel 01661 852 176 www.bradley-gardens.co.uk**

SPIRITED APPROACH

This Italian white balsamic made from white grapes and white wine vinegar with mustard seeds is phenomenal with meats and salads. Societa Agricola Acetomodena Condimento Bianco Senape 250ml, £14.99 at **Carruthers & Kent, Elmfield Road, Gosforth, Newcastle NE3 4AY, tel 0191 213 1818 www.carruthersandkent.com**

HOT NEWS

Cottage Delight Indian Hot Chilli Pickle, £3.25, Spiced Garlic Pickle, £3.25, and Poppadom Mango Chutney, £2.99 is sublime. A store cupboard essential from **Brocksbushes Styford Roundabout Stocksfield, NE43 7UB tel 01434 633 100 www.brocksbushes.co.uk**

CHEESY DOES IT

Cheese, delivered to your door, does it get more decadent than this? Northumberland Cheese Company serves up a selection of cows', goats' and sheep's cheese boxes and hampers on its online shop, including the the Grand Day Out - two Northumberland Cheeses, two guest cheeses, biscuits, crackers, chutney and a surprise treat. **Northumberland Cheese Company, The Cheese Farm Green Lane, Newcastle, NE13 6BZ, tel 01670 789 798, www.northumberlandcheese.co.uk**

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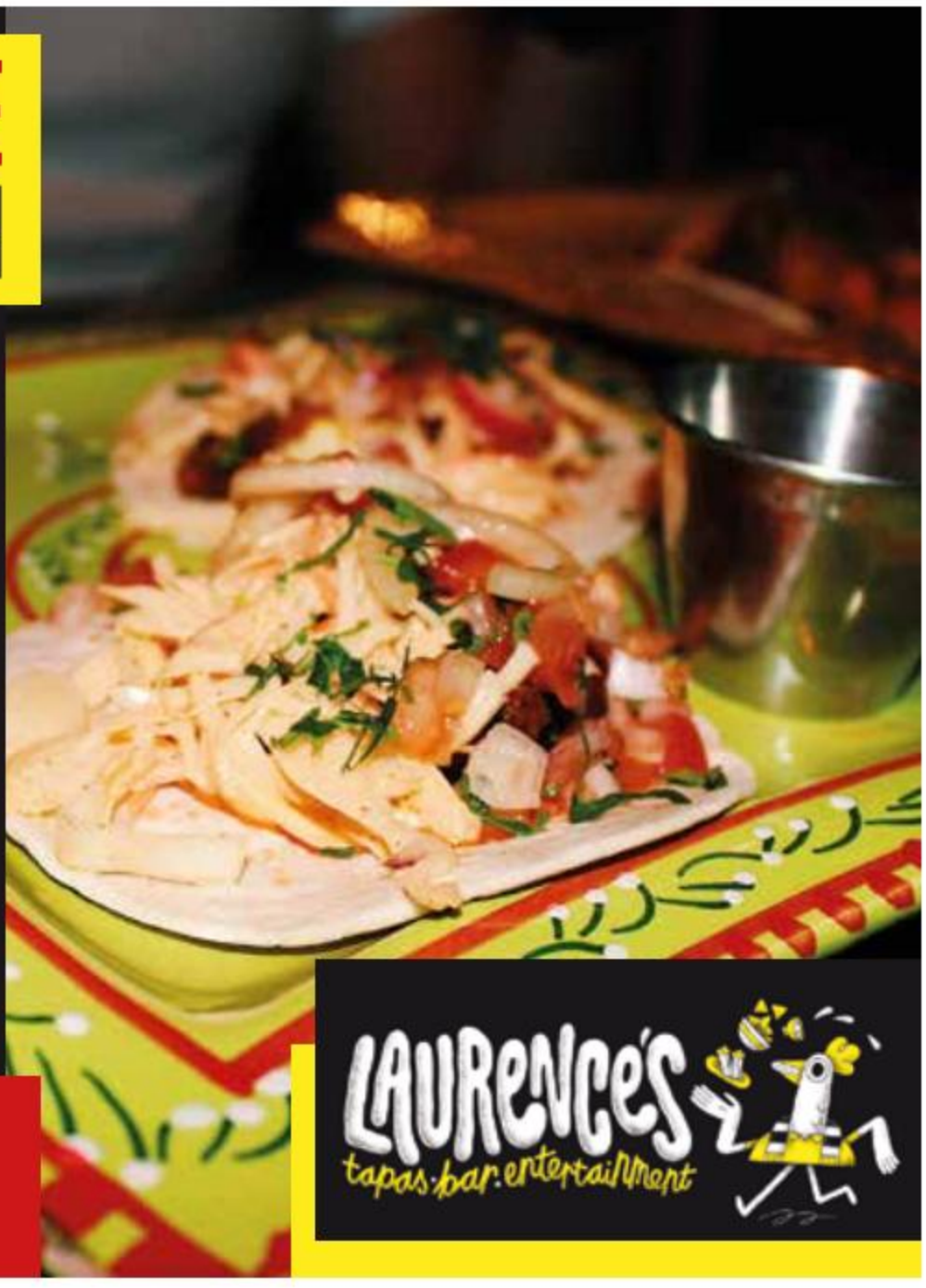

LAURENCE'S
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Win dinner for two

AT WALWICK HALL COUNTRY ESTATE & SPA, NORTHUMBERLAND

Walwick Hall Country Estate & Spa, Northumberland is offering Appetite readers the chance to enjoy dinner for two in The Dining Room at this boutique country hotel. The prize includes three courses for two people from the Dinner Menu.

To enter, go to www.appetitemag.co.uk/win and enter your full name and contact information.

Closing date for entries November 5, 2020.

Walwick Hall, on Hadrian's Wall in Northumberland, 10 minutes drive from Hexham, is a place to unwind, relax, and reconnect with your better self.

Each of Walwick Hall's 10 individual rooms has its own distinctive personality with stunning quality and finishes. Meanwhile, the self-catering accommodation at Chesters Stables, a site of seven separate suites, offers a luxurious space to call your own.

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The award-winning team of chefs pride themselves on producing food which is not pretentious. They believe "food art belongs in an art gallery not a restaurant" and local Northumbrian ingredients, along with items from their very own kitchen garden, are given their chance to shine.

The Dining Room at Walwick Hall serves the very best British food at its finest in an atmosphere that is sophisticated and at the same time, relaxed and welcoming.

Guests can also enjoy light lunches, afternoon tea and drinks in The Drawing Room and The Bar at Walwick Hall while the Spa has a full range of treatments from Germaine De Capuccini, and leisure facilities include a swimming pool, jacuzzi and a gym.

Terms & conditions

The prize is for the winner and a guest, not to be given away as a gift.
The date of the prize is to be arranged directly with Walwick Hall and is subject to availability.
The prize is non-transferable and there is no cash alternative.
All drinks and extras to be paid for.
Prize to be taken Mon-Thurs before May 31, 2021.
The winner will be drawn at random and notified within three days of the closing date.

Walwick Hall, Humshaugh, Hexham, NE46 4BJ, tel 01434 620 156, www.walwickhall.com

Jill Weatherburn

HOME ECONOMIST AND FOOD STYLIST

What do you eat for breakfast? A bowl of homemade granola with fresh fruit from the Grainger Market and Greek yoghurt.

And your go-to guilty pleasure? A fruit scone with jam and cream, and I'm gutted if it's not a good one as it's so many calories! My favourites are from John Lewis in Newcastle.

What would be your last meal on earth? I'd definitely get somebody else to cook it! I'd go for a tasting menu with wine flight from either Hjem in Wall, Northumberland or The Black Swan in Oldstead, on the edge of the North York Moors.

What can I find in your home fridge right now? There's always loads in there, often for recipes I'm working on - like the 12 massive bunches of watercress in there at the moment. I've been cooking a different recipe every day since the start of lockdown, so there can be everything from duck to lamb in there, along with tons of fruit and vegetables.

Which ingredient would you have if you

second-hand copy I bought in 1981. There are no pictures in it, but it's full of practical information and technical instructions; it's just really useful.

What's your favourite dish to make at home? We've got a pizza oven in the garden, and I love to put a dish in there and just leave it. One of my favourites is lamb kleftiko – shoulder of lamb with sweet potato, rosemary, cinnamon, lemon and garlic. Served with Greek salad and flatbreads, it's a brilliant party dish.

What's your most important piece of advice in the kitchen? Look after your knives and don't put them in the dishwasher; just give them a wipe with a soapy cloth and dry them right away.

What would you be doing if you weren't a home economist and food stylist? It would definitely be in food - I'd probably be a home economics teacher.

If you only had £10 to spend on food, what would you buy? I'd use it

economically and

Constance Spry Cookery Book was on the reading list at university and I still use the

to them all the time because they work really well.

www.jillweatherburn.co.uk

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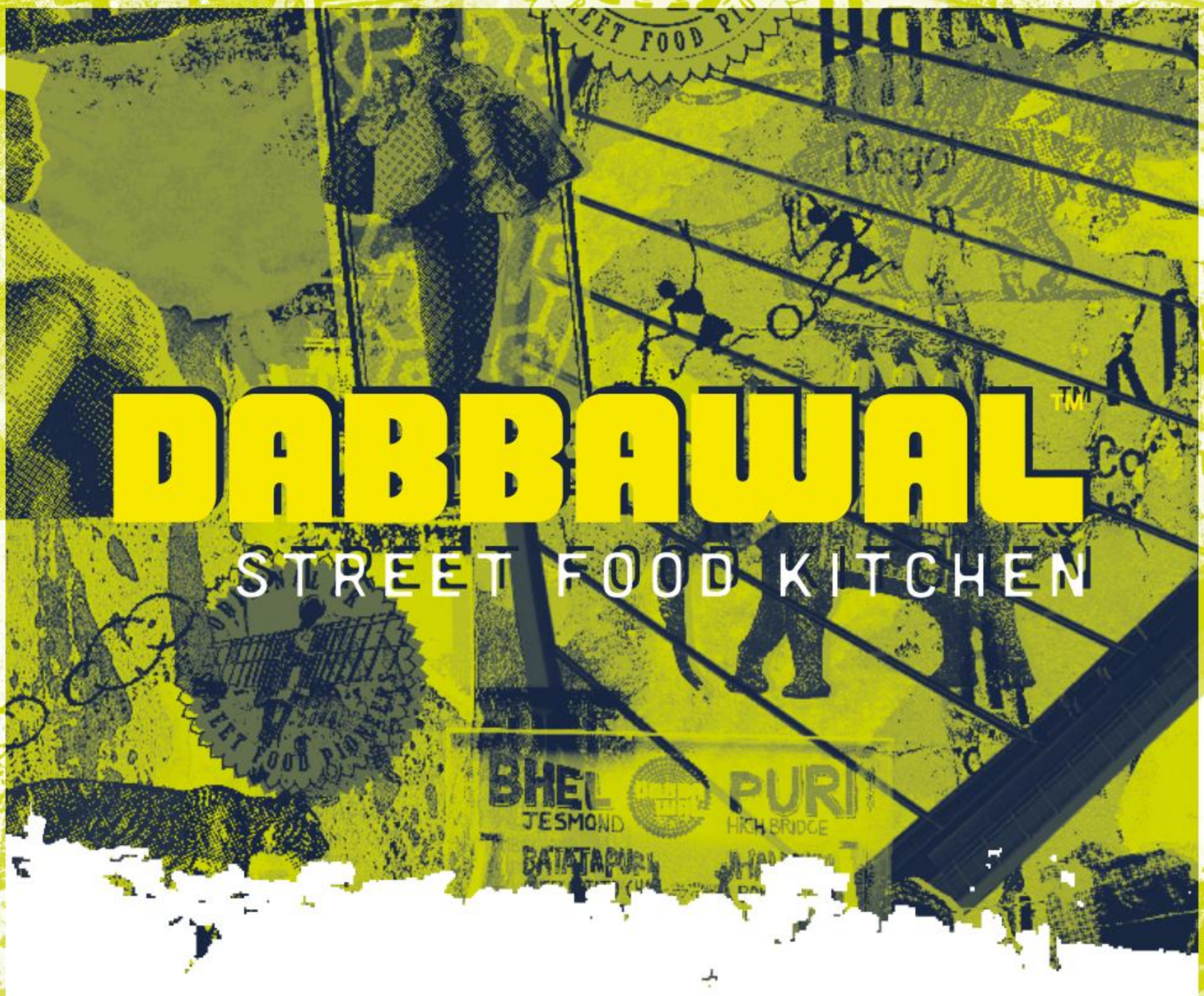

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